

Principles and Systems of Play

Do not confuse the Objectives of the game with the Principles of Play:

The Objectives of Play are:

The ambitions, purpose, intent, endeavor and goals you plan to attain.

The Principles of Play are:

The management of play, the laws of play, the conditions of play and the rules of play.

There are only two objectives of the game:

Attacking
Defending

Attacking Objectives are score, advance and maintain possession.

Defending Objectives are: deny scoring, delay the attack and regain possession

Principles of Play support the Objectives of the game

Coaches must understand the Principles of Play if they want their teams to be successful. The Principles of Play are your coaching introduction to tactics.

ATTACKING PRINCIPLES		DEFENDING PRINCIPLES
Penetration	Countered by	Delay
Depth	Countered by	Depth
Mobility	Countered by	Balance
Width	Countered by	Concentration
Creativity	Countered by	Composure

Systems of Play

Simply put, suit a system to available talent.

No system will overcome a lack of basic skills.

The coach must assess players' mental and physical abilities before choosing a system.

The coach must know the team before a system can be chosen.